

# Chapter 2

## Bread - Quick





# Ableskivers

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- 1 cup buttermilk
- 2 eggs
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup flour
- 1 tablespoon sugar
- 1/2 teaspoon baking soda

## *Instructions*

Separate eggs. Beat egg whites until stiff. Mix in buttermilk, egg yolks and dry ingredients.

Spray muffin pan with cooking spray; heat to medium.

Fill cups 1/2 full.

When batter starts to bubble, turn with a fork.

When Ableskiver is crisp on the outside, it should be done in the middle.

Dip Ableskiver in syrup, jam or powdered sugar.

## *Recipe Notes*

Source: Tricia Broadbent, South Jordan Middle  
8th Grade Life Skills, Food and Fitness

## Autumn Breakfast Bread

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- 1/2 cup margarine
- 1/2 cup sugar
- 1 egg
- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2/3 cup milk
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon margarine, melted

### *Instructions*

Combine the 2 cups flour, baking powder and salt in a small bowl. In a larger bowl, blend margarine and sugar together until fluffy. Add egg to the margarine/sugar mixture and mix well. Stir the milk into the creamed ingredients, alternating with dry ingredients. Beat until smooth. Spread into a 9 x 9-inch cake pan. Sprinkle evenly with the topping made of brown sugar, cinnamon and melted margarine. Bake 20-25 minutes at 350 degrees. Cool on wire rack.

### *Recipe Notes*

Source: Vivien Brown, Lehi High  
Food and Fitness



# Banana Bread

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- 1 cup sugar
- 1/2 cup shortening
- 2 each eggs
- 1 teaspoon vanilla extract
- 3 each bananas, ripe, mashed
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3/4 cup walnuts, chopped, optional

## *Instructions*

Cream sugar and shortening. Add eggs and beat until fluffy. Add vanilla and blend in. Sift together dry ingredients. Add alternately with mashed bananas, beginning with the flour. Add nuts.

Grease baking loaf pan or spray with non-stick spray.

Bake at 350 degrees for 25-30 minutes and then at 325 for about 20 minutes - until a toothpick comes out clean.

Makes 1 large loaf or 6-7 small size (4 1/2 x 2 2 1/2 x 1 1/2 inches)

## *Recipe Notes*

Source: Louise Chamberlain, Woods Cross High  
Food and Fitness

## Banana Bread - Quick

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- 1 1/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1 egg
- 1 banana, mashed
- 1/4 cup milk
- 2 tablespoons vegetable oil

### *Instructions*

Preheat oven to 400 degrees.

Grease four mini bread pans on the bottom only.

Mix the flour, baking powder, salt and sugar together by stirring.

Beat the egg in another bowl and add the milk, oil and banana.

Pour the liquids all at once into the middle of the dry ingredients.

Stir only until the flour is moistened. Batter should look lumpy.

Spoon batter 2/3 full into the bread pans.

Bake until golden brown, about 15 minutes.

### *Recipe Notes*

Source: Kamie Myers, Mt. Logan Middle

## Banana Nut Bread

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- 3 1/2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons lemon juice
- 2 cups mashed bananas
- 3/4 cup margarine
- 1 1/2 cups sugar
- 3 eggs
- 3/4 cup light cream
- 1 cup chopped nuts

### *Instructions*

Preheat oven 350 degrees. Mix flour, baking powder, baking soda, and salt. Add lemon juice to bananas. Cream margarine or butter with sugar until fluffy. Add eggs and beat well until very light and fluffy. Add dry ingredients, alternating with cream and beating after each addition. Beat in bananas and fold in nuts. Pour into two greased 4 1/2 x 8 1/2 x 2 1/2" loaf pans. Bake one hour or until loaves test done. Cool in pans for 10 minutes, then remove from pans and cool on racks. Wrap in aluminum foil and refrigerate overnight before slicing, or freeze. Keeps two weeks refrigerated. Freezes well.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life and Learning Center

## Biscuits - Apple Breakfast

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2 cups biscuit mix  
2 tablespoons sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 small apple, minced  
1/2 cup milk  
1/2 cup powdered sugar  
2 teaspoons milk

### *Instructions*

Preheat oven to 450 degrees.

Measure the biscuit mix, sugar, cinnamon, and nutmeg into a medium mixing bowl.

Remove skin from apple, core and mince.

Add the minced apple into mixing bowl.

Stir ingredients well.

Pour milk into mixture and stir with a wooden spoon till dry ingredients are wet.

Drop biscuit on a greased cookie sheet into 12 even humps.

Bake 10 minutes or till the biscuits are golden brown.

Combine powdered sugar and 2 teaspoon of milk. Drizzle over cooled biscuits.

### *Recipe Notes*

Source: Karrie Myers, Mount Logan Middle School  
Life Skills

## Biscuits - Barbecue

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- 1 package biscuit, canned
- 1/4 pound ground beef
- 1/8 cup barbecue sauce
- 1 teaspoon onion, minced
- 2 teaspoons brown sugar
- 1/4 cup cheddar cheese, shredded

### *Instructions*

Heat oven to 400 degrees.

Brown beef in a frying pan. Drain grease into a can/cup. (Do not put down the drain).

Stir in barbecue sauce, minced onion and brown sugar.

Cook for 1 minute to blend flavors, stirring constantly.

Press 2 biscuits into greased muffin tins. Makes 5.

Spoon 1 large spoonful of meat mixture onto each biscuit. Sprinkle with cheese.

Bake for 10 minutes

OR

Place 1 biscuit in the muffin tin, spoon meat mixture on top, sprinkle with cheese, place the other biscuit on top.

### *Recipe Notes*

Source: Anita Jolley, Cedar Middle School  
8th Grade Life Skills

## Biscuits - Buttermilk

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- 1 3/4 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/2 teaspoon baking soda
- 1/4 cup lard, or 5 T butter
- 2/3 cup buttermilk, up to 3/4 cup

### *Instructions*

Combine first five ingredients, cut in lard (or butter)

Add buttermilk

After lightly mixing, turn the dough onto a floured board

Knead it lightly for 1/2 minute

Pat the dough to the thickness of 1/2 inch

Cut with a biscuit cutter

Bake for 10-20 in 375 degree oven

Serve with pan gravy  
(See Pan Gravy recipe)

### *Recipe Notes*

Source: Shirley Slack and Louella Hall, North Sanpete High School  
Food and Fitness

## Biscuits - Cloud

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- 1 1/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons sugar
- 1/3 cup shortening
- 1 small egg
- 1/4 cup milk

### *Instructions*

Sift dry ingredients together in a large mixing bowl.

Cut in shortening with a pastry blender until mixture is crumbly.

Combine milk and egg together.

Add the liquids and stir with a fork until all the flour is mixed in.

Knead on floured surface about ten times.

Roll out to 1/2 inch thickness and cut with a biscuit cutter and place on an ungreased cookie sheet.

Bake at 425 degrees for 8-10 minutes.

Serve with jam or jelly, or add a slice of ham and some cheese for a McMuffin type biscuit, or use on top of stew.

### *Recipe Notes*

Source: Box Elder Middle School

## Biscuits - Hardee's

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- 3 1/2 cups flour
- 1/2 teaspoon salt
- 1 1/2 tablespoons baking powder
- 1/2 cup shortening, + 1 Tablespoon
- 1 3/4 cups buttermilk, adjust for consistency

### *Instructions*

When measuring the flour, tap the sides to pack the cup. Place the flour, baking powder, salt and shortening in a plastic bowl with a lid and seal tightly.

Shake up and down for 1 1/2 minutes and then burp the bowl. Do this twice. Add about 1/3 of the buttermilk and seal and bowl and shake in a circular motion. Repeat two more times until all the buttermilk is added.

Now open the bowl, you should have a ball of dough. If it is a little sticky dust with flour. Roll out 1/2 inch thick and cut out. DO NOT KNEAD. Bake 10-12 minutes. Brush with butter.

### *Recipe Notes*

Source: Chris Carrigan, Morgan High School



## Biscuits - Parmesan Refrigerator

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- 1 can refrigerator biscuits
- 1/2 cup margarine, melted
- 1/2 cup parmesan cheese

### *Instructions*

Cut or tear each biscuit into three pieces, roll each piece into a ball. Dip the balls into the melted margarine then roll in the parmesan cheese. Place three balls together in each section of a well greased muffin tin.

Bake at 400 degrees for 8-10 minutes or until golden brown.

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life

## Biscuits - Pull Apart - Microwave

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- 1 can refrigerator biscuits
- 1/3 cup brown sugar
- 2 tablespoons butter
- 1 tablespoon water

### *Instructions*

In a round microwave dish, mix together the sugar, butter and water; cook 1 minute on high in the microwave. Add cut up biscuits and microwave 3 more minutes on high. Turn upside down on a plate and serve.

### *Recipe Notes*

Source: Jerrie Lin Hansen, Fremont High  
Food for Life

## Biscuits - Supreme

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- 1 cup flour, sifted
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1/4 cup shortening
- 1/3 cup milk

### *Instructions*

Sift dry ingredients into bowl. Cut in the shortening until mixture resembles coarse crumbs. Make a well in mixture; add milk all at once. Stir quickly with fork just until dough follows fork around bowl. Turn onto lightly floured surface. (Dough should be soft). Knead gently 10 to 12 strokes. Roll or pat dough 1/2-inch thick. Dip 2 1/2-inch biscuit cutter in flour; cut dough straight down. Bake on ungreased baking sheet in very hot oven, 450 degrees, for 10 to 12 minutes. Makes about 8 medium biscuits.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

# Breakfast Puff Balls

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- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/2 cup sugar
- 1 cup milk
- 2 eggs, unbeaten

## *Instructions*

Sift together dry ingredients.  
Stir in milk and eggs.  
Beat all together until very light.  
Fry scant tablespoonfuls in deep fat.  
Roll in sugar and serve while warm.

\*\*For best results, the batter should be stiff enough to hold the spoon upright and enough flour should be added to gain this result.

## *Recipe Notes*

Source: Chris Moore, Eisenhower Junior High School  
8th Grade Life Skills, 9th Grade Food & Fitness

## Breakfast Pull A Parts

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- 2 tablespoons margarine
- 1/3 cup brown sugar
- 1 tablespoon orange juice concentrate
- 1 teaspoon lemon juice
- 1/4 teaspoon cinnamon
- 1 package refrigerator rolls

### *Instructions*

Set oven to 400 degrees. Put margarine in round cake pan and place in the oven; melt.

Put brown sugar, orange juice, lemon juice and cinnamon in melted margarine and stir together. Spread over the bottom of pan evenly. (This makes the topping for the rolls.)

Place 1 package of refrigerator rolls that have been cut into thirds on the topping in the pan.

Bake at 400 degrees for 20 minutes.

Let cool for 1 minute and then invert the rolls onto a serving dish.

### *Recipe Notes*

Source: Susan Patten, Lehi Junior High  
TLC

## Breakfast Ring

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- 3 tablespoons butter
- 1/4 cup brown sugar
- 8 maraschino cherries, halved
- 8 pecans, halved
- 4 tablespoons butter
- 1/4 cup sugar
- 1 teaspoon cinnamon
- 1 can refrigerator biscuits

### *Instructions*

Preheat oven to 425 degrees.

Melt 3 Tbsp. butter in 9" round cake pan. Sprinkle 1/4 cup brown sugar over butter. Arrange cherries and pecans on sugar. Melt 4 Tbsp. butter in a small pan. Mix 1/4 cup sugar and cinnamon in small bowl. Dip each biscuit in butter then in the sugar mixture. Arrange biscuits in the pan.

Bake for 12-15 minutes or until golden brown on top.

### *Recipe Notes*

Source: Judith Rachford, Hillcrest Jr. High  
Food and Fitness

## Breakfast Rolls - Vanishing

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- 8 biscuits, refrigerator
- 1 tablespoon margarine
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 4 large marshmallows, cut in half

### *Instructions*

Preheat oven to 375 degrees

Melt margarine in microwave for 20 seconds

Mix cinnamon and sugar

Cut marshmallows in half and roll in melted butter and cinnamon sugar mixture.

Pat each biscuit flat

Wrap the marshmallows in the biscuit. Seal the edges of the biscuits.

Do not get sugar on edges of biscuit or it will not seal.

Place biscuits on greased baking sheet

Bake 11-13 minutes or until lightly browned

### *Recipe Notes*

Source: Chris Carrigan, Morgan high School

Food and Fitness

## Butter Dips

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- 1/4 cup butter
- 1 1/4 cups flour
- 2 teaspoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2/3 cup milk

### *Instructions*

Preheat oven to 450 degrees. Melt butter in the oven in a square baking pan. Do not burn! Remove pan from oven.

Measure flour, sugar, baking powder, and salt into bowl. Add milk and stir with a fork just until the dough forms a ball, about 30 strokes.

Turn the dough onto a well-floured board. Roll dough around several times to coat with flour. Knead lightly about 10 times and roll into an 8-inch square. With a floured knife, cut the dough in half, then cut each half into 9 strips.

Dip each strip into the melted butter, coating both sides. Arrange the strips close together in 2 rows in the pan. Sprinkle with garlic powder, garlic salt, and/or parmesan cheese before baking, if desired.

Bake 10-15 minutes or until golden brown. Serve hot.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High School



# Chewy Bread

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- 2 cups brown sugar
- 1 stick butter, melted
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 cup nuts, chopped, optional

## *Instructions*

Cream brown sugar and melted butter.  
Add eggs, one at a time beating well after each.  
Add flour and vanilla, mix well, fold in nuts.

Bake at 350 degrees for 25 minutes in a greased 9 x 13 pan.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science

## Chocolate Pumpkin Bread

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- 1 1/4 cups vegetable oil
- 2 baking chocolate squares, or 3
- 3 1/2 cups sugar
- 3 large eggs
- 1 large pumpkin, canned, 29 oz.
- 1 1/2 teaspoons baking powder
- 1 3/4 teaspoons salt
- 1 1/4 teaspoons baking soda
- 1 1/4 teaspoons cinnamon
- 1 1/4 teaspoons cloves
- 1/2 teaspoon nutmeg
- 3 3/4 cups flour
- 1 package chocolate chip, 12 oz.
- 1 cup nuts
- 1 1/2 teaspoons vanilla extract

### *Instructions*

Melt chocolate squares over low heat with half the oil.

Cream remainder of oil with sugar.

Beat in eggs.

Add melted chocolate and oil; mix well.

Beat in pumpkin and vanilla.

Slowly blend in dry ingredients until moistened, then beat well until no lumps appear.

Add chocolate chips and chopped nuts.

Bake at 350 degrees.

Makes 3 (9 x 5 x 5 inch) pans or 7 (1 pound) pans.

Bake 1 hour for small pans and 5 or more minutes longer for large pans.

### *Recipe Notes*

Source: Betty Woodruff, Alpine Life and Learning Center

## Coffee Cake

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- 1/4 cup vegetable oil
- 1 egg, beaten
- 1/2 cup milk
- 1 1/2 cups flour, sifted
- 3/4 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup brown sugar
- 1 tablespoon flour
- 1 teaspoon ground cinnamon
- 1 tablespoon butter or margarine, melted
- 1/2 cup nuts, chopped

### *Instructions*

Combine oil, egg and milk. Sift together the 1 1/2 cups flour, granulated sugar, baking powder and salt. Add to milk mixture and mix well.

Pour into a greased 9 x 9 x 2-inch pan.

Combine brown sugar, 1 tablespoon of flour, cinnamon, melted butter and nuts. Sprinkle mixture over batter in pan.

Bake at 375 degrees for 25 minutes.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

## Coffee Cake - Cranberry Nut

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1/4 cup brown sugar, packed  
1/2 cup walnuts, chopped  
1/4 teaspoon cinnamon  
2 cups Bisquick  
2 tablespoons sugar  
1 egg  
2/3 cup water  
2/3 cup whole cranberry sauce

### *Instructions*

Heat oven to 400. Grease square pan, 9x9x2 inches. Mix brown sugar, walnuts and cinnamon. Combine baking mix, granulated sugar, egg and water; beat vigorously 1-2 minutes. Spread in pan; sprinkle with nut mixture. Spoon cranberry sauce over top. Bake 20 to 25 minutes. While warm, spread with icing.

### *ICING:*

Blend 1 cup powdered sugar, 1/2 teaspoon vanilla and about 1 tablespoon water.

### *Recipe Notes*

Gail Ferrin, Woods Cross High School  
Food and Fitness

## Coffee Cake - Quick

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- 1 cup flour, sifted
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup brown sugar, packed
- 1 egg
- 1/2 cup milk
- 3 tablespoons vegetable oil
- 1 teaspoon lemon peel
- 1 teaspoon orange peel

### *Instructions*

Preheat oven to 375 degrees.

Sift together flour, baking powder, salt and brown sugar. Add egg, milk, oil and lemon and orange peel. Mix until smooth.

Spread dough evenly into a 9-inch oiled pie pan, using a rubber spatula.

Cover with topping and bake for 25 minutes.

### TOPPING:

Mix together 1/2 cup brown sugar, 1 1/2 teaspoons cinnamon and 1/2 cup quick oats.

Cut 1/4 cup butter into the dry mixture until crumbly.

### *Recipe Notes*

Source: Chris Judd, Layton High School  
Food for Life

## Corn Bread - Buttermilk

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- 2 sticks margarine
- 1 1/3 cups sugar
- 2 cups buttermilk
- 4 eggs
- 1 teaspoon salt
- 1 1/4 cups cornmeal
- 2 3/4 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda

### *Instructions*

Mix the first five ingredients together

Then add the remaining ingredients

Mix on medium speed of mixer until smooth

Put in a well greased and floured 13x9 inch pan. If you cut the recipe in half, bake in a 8 x 8 inch pan.

Bake at 375 for 30-35 minutes

### *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr. High  
Food and Fitness

## Corn Bread - Great

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- 1 1/4 cups flour
- 3/4 cup corn meal
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk, skim
- 1/4 cup vegetable oil
- 2 egg whites or 1 egg, beaten

### *Instructions*

Heat oven to 400 degrees. Grease an 8 or 9-inch pan. Combine dry ingredients.

Stir in milk, oil and egg, mixing just until dry ingredients are moistened. Pour batter into prepared pan.

Bake for 20-25 minutes or until light golden brown and toothpick inserted in center comes out clean. Serve warm.

### *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life

## Corn Bread - Microwave

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1/4 cup margarine  
1/4 cup sugar  
2 eggs  
1 cup buttermilk  
1 cup flour  
2/3 cup yellow cornmeal, enriched  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt

### *Instructions*

Soften margarine or butter in large microwave safe bowl. Add sugar and eggs. Blend in buttermilk. Mix in dry ingredients. Microwave on HIGH for 6-7 minutes. Test for doneness with a toothpick.

### *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Foods and Fitness



## Corn Bread - Sweet

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- 1 cup prepared yellow cake mix batter
- 1/2 cup yellow cornmeal, enriched
- 1/2 cup flour
- 1 tablespoon sugar, plus 1 tsp.
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons margarine, soft
- 1/2 cup milk
- 2 tablespoons eggs

### *Instructions*

Prepare cake mix according to directions. Set aside.

Combine cornmeal, flour, sugar, baking powder and salt in a bowl; mix well. Cut in margarine until well blended.

Beat egg and milk together. Add dry ingredients and blend slightly.

Add the 1 cup cake batter to cornbread mixture. Blend thoroughly. (Use the remaining cake batter for cupcakes, etc.)

Pour mixture into greased square pan. Bake at 375 for 20-25 minutes.

### *Recipe Notes*

## Corn Bread - With Buttermilk

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3/4 cup yellow cornmeal, enriched  
1 cup flour  
1/4 cup sugar  
1/2 teaspoon salt  
2 teaspoons baking powder  
2 teaspoons baking soda  
1 egg  
1/4 cup vegetable oil  
1 cup buttermilk

### *Instructions*

In a mixing bowl, mix dry ingredients together.

Make a well in the middle, mix and add liquids.

Stir just until blended.

DO NOT OVER-MIX

Grease 8X8 pan. Bake 425 degree for 20-25 minutes.

### *Recipe Notes*

Source: Mardene Fernandez, Orem Junior High School  
Food Service/Culinary Arts, Food & Fitness, Food & Science

## Corn Bread - With Cake Mix

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- 1 corn muffin mix
- 1 yellow cake mix
- 1 cup milk
- 2 eggs

### *Instructions*

Combine corn muffin mix and yellow cake mix in bowl. Add milk and eggs. Blend all ingredients 1-2 minutes with beater at medium speed. Batter may be slightly lumpy. Pour into a greased 9 1/2 x 11-inch pan. Let rest 3-4 minutes before placing in a 350 degree oven for 20-25 minutes. Serve with honey or honey butter.

### *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High  
Food and Fitness

## Cottage Cake

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- 1 1/2 cups flour
- 1 cup sugar
- 1/3 cup peanut butter
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1/4 cup butter, softened
- 2/3 cup milk
- 1/2 teaspoon vanilla extract

### *Instructions*

Preheat oven to 375 degrees. Grease a 9-inch round baking pan.

Mix together 1/4 cup flour, 1/2 cup sugar and peanut butter with a fork until crumbly.

Measure 1 1/4 cups flour, 1/2 cup sugar, baking powder and salt into a bowl and stir together. Add egg, butter, milk and vanilla. Beat with an electric mixer for 2 minutes.

Pour batter into pan. Sprinkle peanut butter topping over the batter. Bake 25 minutes or until done, testing with a toothpick.

Can substitute a cake mix and then add the topping.

### *Recipe Notes*

Source: Jane Webecke, Davis Young Parents  
8th Grade Life Skills

# Crepes

---

- 3/4 cup flour
- 1 1/2 teaspoons sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 1 egg
- 1/4 teaspoon vanilla extract

## *Instructions*

In a small bowl, combine flour, sugar, baking powder and salt.

In a blender mix together milk, egg, and vanilla.

Pour dry ingredients into blender with liquid, blend until smooth.

For each crepe, put small amount of butter in skillet. Heat over medium heat until butter is bubbly.

Pour about 1/4 cup of batter into skillet and rotate pan until batter covers bottom.

Cook until the top seems dry and the bottom just begins to brown.

Slide spatula under crepe and turn with a quick flip. Brown the other side lightly.

Remove to plate, while still warm spread with chosen filling.

Roll up, sprinkle with confectioner's sugar. add a spoonful of whipped cream to top, if desired.

## *Recipe Notes*

Source: Laurie Giauque, Olympus High School

# French Toast

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- 2 eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 tablespoons butter or margarine
- 4 slices bread

## *Instructions*

Beat the eggs, milk, salt and nutmeg together with a fork in a small bowl.

Melt the butter or margarine in a skillet until it sizzles.

Pour the egg mixture into a shallow dish large enough for you to lay the bread flat, one slice at a time.

Put a slice of bread into the egg mixture, and gently turn it to cover both sides.

Place the bread gently into the hot skillet.

Turn the heat down to medium.

Cook until the bread turns light brown.

You can check by lifting up the edge of the bread with a turner.

Then turn the bread over, and cook the other side.

Coat the second slice of bread with the egg mixture, and cook it as you did the first piece.

Serve the french toast right away. Some people like to eat it with syrup, powdered sugar or jelly.

## *Recipe Notes*

Source Robin Gumbrecht, Sunset Junior High School;  
8th Grade Life Skills

## French Toast - Breakfast

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- 2 eggs
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1/4 cup milk
- 6 slices white or whole-wheat bread

### *Instructions*

Break eggs into shallow dish. With fork, beat lightly; stir in salt, sugar and milk. Heat a little butter in skillet. Quickly dip bread slices, one at a time, into egg mixture; turn until just well coated. Brown at once on both sides.

Serve immediately with one of these:

Crisp bacon or fried ham

Buttered syrup, molasses, jelly, jam, marmalade, honey, maple syrup or applesauce

Confectioner's sugar and a sprinkling of lemon juice

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle

Food and Science, 8th Grade Life Skills

# Fried Bread

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3 cups flour  
1 teaspoon salt  
1 1/2 teaspoons baking soda

## *Instructions*

Sift dry ingredients. Add water, mixing with hands until dough is stiff.

Add up to 1 cup more flour if needed. Be careful not to get the dough too stiff.

Heat oil in pan. Fry bread in hot oil.

## *Recipe Notes*

Elaine Miller, Evergreen Junior High  
8th Grade Life Skills, Food and Fitness



# Fry Bread

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- 2 cups flour
- 1/4 teaspoon salt
- 1 tablespoon baking powder
- 1 tablespoon dry milk, optional

## *Instructions*

Preheat an cooking oil in an electric frying pan to 375 degrees.

While stirring the flour mixture, slowly add warm water until the mixture is the consistency of bread dough. (Add more flour if it is too sticky)

Divide the dough into 8-12 pieces. Using a rolling pin, roll each piece out until 1/4 " thick.

Carefully place the dough into the hot oil with tongs.

When dough is brown, flip and brown the other side. When both sides are brown remove the fry bread and place on paper towels to drain.

Serve with honey butter or syrup.

For tacos add chili, lettuce, cheese, tomatoes etc.

## *Recipe Notes*

Source: Shelly Percival, Union High  
Food for Life

## Fry Bread - For Tacos

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3 3/4 cups milk  
9 cups flour, sifted  
4 1/2 teaspoons salt  
4 1/2 teaspoons baking powder  
6 tablespoons sugar

### *Instructions*

Mix gently until ingredients are combined, then knead dough with mixer for 5 minutes. (Note: dough should be elastic and soft in texture so that it is easy to roll out.)

Pinch off desired dough ball (for Indian tacos, pinch off a ball about 3-4 inches in diameter.)

Roll dough to 1/4 inch thickness on floured surface. Dust off extra flour.

Deep fat fry in 1 inch vegetable oil.  
Serve hot.

Top bread with hot refried beans, seasoned and browned ground beef, shredded lettuce, diced tomatoes, shredded cheese. Garnish with a couple slices purple onion, a few slices black olives. Top with sour cream and salsa.

### *Recipe Notes*

Source: Carol Spor, Dixie High School  
Food and Fitness, Food for Life, Food Service/Culinary Arts.

## Fry Bread - Great

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- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups vegetable oil
- 1/3 cup warm water

### *Instructions*

1. Measure 2 cups oil and put into fry pan.
2. Plug in electric fry pan and turn to 375.
3. Measure and add flour, baking powder and salt into medium bowl. Stir together.
4. Measure and add warm water. Stir together until it forms a ball.
5. Roll into small balls of dough. Using a rolling pin, roll out each ball on a floured board until each ball is flat and thin.
6. Fry 1 or 2 at a time in hot oil until light brown, about 1 minute. Turn over with tongs to cook other side until brown, about 1 minute.
7. Remove from oil and drain on paper towel. Turn OFF electric fry pan and unplug from wall.

### *Recipe Notes*

Annette Adams, Bear River Middle School  
Food and Fitness

## Fry Bread - Navajo

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6 cups flour  
1/3 cup sugar  
1 tablespoon salt  
2 tablespoons baking powder  
1/2 cup powdered milk  
2 3/4 cups warm water

### *Instructions*

Mix dry ingredients together. Add about 2 cups of water, mix and add more water as needed.

Put on a floured board and knead a few minutes. Pull off small balls of dough and stretch flat. Fry in hot oil until golden brown. Makes 12-15.

Layer with chili, lettuce, cheese, tomatoes, onions, olives, sour cream, salsa and guacamole

### *Recipe Notes*

Source: Becky Cox, Lone Peak High School  
Food Service Classes

# German Pancake

---

2/3 cup milk  
1/2 teaspoon salt  
4 eggs  
2/3 cup flour  
1 teaspoon vanilla extract

## *Instructions*

Preheat oven to 400 degrees.

Beat eggs well to whip in air.

Add milk then flour and salt.

Melt 1 tablespoon butter and spread in glass pan.

Pour in mixed batter and bake 20 minutes.

Enjoy with powdered sugar and syrup or your favorite topping.

## *Recipe Notes*

Source: Laurie Cline, Bonneville Junior High School  
8th Grade Life Skills

# German Pancakes

---

1/2 cup flour  
1/2 cup milk  
1 teaspoon salt  
3 each eggs  
1/4 cup butter

## *Instructions*

Preheat oven to 425 degrees.

Melt butter in a 9"x13" glass baking dish. In a medium bowl, mix together flour, milk and salt. Add eggs and continue mixing until eggs are incorporated in the mixture.

Pour batter into the baking dish. DO NOT stir batter into the butter.

Bake 15-20 minutes or until the top of the pancake is browned. Batter will rise and become fluffy.

Cut into desired amount of servings and top with powdered sugar or syrup. Serve hot.

## *Recipe Notes*

Source: Shelly Percival, Union High  
TLC, Life Skills, Food and Fitness, Food for Life

## German Pancakes - Easy

---

3 eggs  
1/2 cup milk  
1/2 cup flour  
1/4 teaspoon salt

### *Instructions*

1. Preheat oven to 450 degrees.
2. Whip eggs until thick and lemon color.
3. Add milk and stir.
4. Sift in flour and salt; mix well.
5. Heat 2 tablespoons margarine in a 9-inch square pan.
6. Pour in batter.
7. Bake 15 minutes at 450 degrees.
8. Top with powdered sugar or syrup.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

## German Pancakes - Great

---

6 eggs  
1 cup milk  
1 cup flour  
1/2 teaspoon salt  
5 tablespoons margarine

### *Instructions*

Heat oven to 450. Put a little margarine (or butter) in a 9 x 13 inch pan and put in the oven to melt. Cover bottom and sides of pan with the margarine. Whip eggs very well. Add milk, salt, and flour to the eggs and mix well. Pour into greased pan (it is a very thin batter). Bake 20 minutes. Cut into squares and serve with favorite syrup or topping.

### *Recipe Notes*

Gail Ferrin, Woods Cross High School  
Food and Fitness



## German Pancakes - Hootenanny

---

3 eggs  
1/2 cup milk  
1/4 teaspoon salt  
1/2 cup flour  
1/4 cup margarine

### *Instructions*

Heat oven to 425 degrees.

Cut margarine into four pieces and place in a 8" x 8" glass baking pan. Place in oven to melt margarine.

In large mixing bowl combine eggs, milk and salt. Whip until bubbly and fluffy. (About 2 minutes) (You can also use a blender or beater.)

Add flour to egg mixture and beat until fluffy.

When margarine starts to bubble in oven, remove pan from oven and pour in batter, return to oven immediately.

Bake for 15 minutes.

When done dish up for everyone and come get some syrup.

### *Recipe Notes*

Source: Trudy Benson, Cedar Middle School  
TLC

## Ham 'n Cheese Crescents

---

- 1 package refrigerated crescent rolls
- 4 slices ham, thinly sliced
- 4 slices American process cheese

### *Instructions*

Separate rolls along perforations.

Cut ham and cheese slices in half.

Place one piece of ham on wide end of roll. Top with one piece of cheese and roll, beginning at wide end, to form a crescent.

Place rolls on greased baking sheet.

Brush with melted butter

Sprinkle sesame or poppy seeds on top.

Bake in oven at 450 for 10 minutes.

### *Recipe Notes*

Source: Sandy Embry, South Summit Middle School

Compliments of Mountain Fuel

## Instant Brunch

---

- 2 each waffles, toasted
- 2 tablespoons cream cheese
- 2 tablespoons strawberry jam
- 2 tablespoons walnuts, chopped (optional)

### *Instructions*

Mix cheese, jam and walnuts. Spread on toasted waffle. Cover with second waffle. Cut into quarters and serve.

### *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
Life Skills

## Lemon Bread

---

3 tablespoons margarine  
1/2 cup sugar  
1 egg  
3/4 cup flour  
1/2 teaspoon baking powder  
1/2 pinch salt  
1/4 cup milk  
1/2 small lemon peel  
1/4 cup nuts, chopped  
4 tablespoons sugar  
1/2 cup lemon juice

### *Instructions*

Blend the margarine, sugar and egg.

Add the flour, baking powder and salt, blend well.

Add the milk, rind (finely grated) and nuts to the batter and blend.

Put in a greased and floured bread pan.

Bake 350 degrees for 45 minutes.

Mix 4 tablespoons sugar and 1/2 cup lemon juice. While bread is still hot pour over.

### *Recipe Notes*

Source: Laurie Giauque, Olympus High School  
Food and Fitness, Food and Science

## Muffins - Apple

---

1 1/2 cups flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 each egg  
1/2 cup milk  
1/4 cup vegetable oil  
1 cup apple, grated  
1/2 teaspoon cinnamon

### *Instructions*

Preheat oven to 400 degrees  
Prepare muffin tins with paper liners.

Stir flour, sugar, baking powder, salt and cinnamon. Mix egg and milk. Mix oil and grated apple and add to the egg mixture. Add flour mixture and stir only enough to moisten. Fill muffin tins 2/3 full.

Bake 15-20 minutes until golden brown. Immediately remove from pan and cool on wire rack.

Makes 12 muffins

### *Recipe Notes*

Source: Starr Jeppson, Springville High  
Food and Fitness

## Muffins - Apple And Cinnamon

---

- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 1/2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup apple, sliced or grated

### *Instructions*

Sift dry ingredients together. Combine liquids and add to the dry ingredients. Stir in apples. Place in muffin tins that have been lined with cupcake papers.

Bake at 400 degrees for 25 minutes  
Makes 12

Optional: Top each muffin with the following mixture; 2 T. brown sugar, 1 t. cinnamon and 1/3 c. chopped nuts. Place on the top of the muffin before baking.

### *Recipe Notes*

Source: Jane Persons, Richfield High  
Food and Fitness

## Muffins - Apple Streusel

---

- 2 cups flour
- 1/2 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon lemon peel
- 1 egg
- 2/3 cup milk
- 1 cup apple, diced
- 2 tablespoons sugar, for topping
- 1/2 cup butter

### *Instructions*

Stir together flour, 1/2 cup sugar, baking powder and salt in a large bowl. Cut in butter. Save 1/2 cup mix for the topping. Stir apple and 1/2 teaspoon lemon peel into remaining mixture in bowl. Beat eggs well and mix with milk. Make a well in the center of the dry ingredients and pour in egg and milk mixture. Stir just to moisten. Spoon mixture into lined muffin tins. Blend the reserved flour mix with 1/2 teaspoon lemon peel and the 2 tablespoons of sugar. Sprinkle over muffin batter. Bake at 425 degrees for 20 minutes. Makes 12 muffins.

### *Recipe Notes*

Source: Ann Stevenson, Weber High  
Food and Fitness

## Muffins - Banana Bran

---

1/2 cup flour  
2 tablespoons flour  
1/4 cup chili pepper  
1/2 teaspoon cinnamon  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1/4 cup buttermilk  
2 tablespoons vegetable oil  
2 tablespoons eggs  
1/3 cup brown sugar  
1/2 cup banana, mashed  
2 tablespoons walnuts, chopped

### *Instructions*

Preheat oven to 400.

Spray muffin cups with Pam.

Place flour, cereal, cinnamon, baking powder, baking soda, and salt in bowl.

In another bowl, whisk together milk, oil and egg.

Stir in sugar and banana.

Pour liquid mixture into dry ingredients and stir with a fork just until moistened.

DO NOT OVERMIX.

Spoon batter into muffin cups.

Sprinkle tops with nuts.

Bake until golden brown and a toothpick in the center comes out clean.

### *Recipe Notes*

Source: Christine Campbell, Snow Canyon Middle

Food and Fitness



## Muffins - Bran

---

- 1 1/2 cups all-bran cereal
- 1/2 cup water, boiling
- 1 cup buttermilk
- 1 cup flour, plus 2 tablespoons
- 1/4 teaspoon salt
- 1 1/4 teaspoons baking soda
- 1/4 cup sugar, plus 2 tablespoons
- 1/4 cup shortening
- 1 egg

### *Instructions*

Combine cereal, boiling water and buttermilk. Set aside for 5 minutes.

Cream together sugar and shortening.  
Beat in egg.

Stir together the flour, salt and soda.  
Mix the three mixtures together using a spoon.

Bake in muffin pan for 15-20 minutes at 400 degrees.

Serve with butter and honey.

### *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr.  
Food and Fitness

## Muffins - Bran Blueberry

---

- 1/2 cup water, very hot
- 1/2 cup 100% bran cereal
- 1/4 cup shortening
- 1/2 cup sugar
- 1 each egg
- 1 cup buttermilk
- 1 1/4 cups flour
- 1 1/4 teaspoons baking soda
- 1 cup bran flakes
- 3/4 cup blueberries, canned

### *Instructions*

Combine the hot water and bran cereal and let cool 5 minutes.

Cream the sugar, shortening and egg together. Add the bran mixture and stir in the buttermilk.

Mix the flour, baking soda and a dash of salt together in a separate bowl.

Combine the wet and dry ingredients and then add the bran flakes and blueberries.

Put in a plastic container with a tight lid. Put it in the refrigerator until you want to bake your muffins. (Keeps 3 weeks)

### *Streusel Topping:*

Mix 1/2 c. sugar, 1/3 c. flour, 1/2 t. cinnamon together. Cut in 1/4 c. margarine until crumbly. Sprinkle on top of muffins before baking. (You can put in a small container in refrigerator overnight.)

Bake at 400 degrees for 15 minutes.

This is a two-day lab. (50 min. classes)  
I also have them make the streusel on day one.

### *Recipe Notes*

Source: Debra Adams, Rocky Mt. Jr.  
Food and Fitness

## Muffins - Brown Sugar

---

- 1/2 cup butter
- 1 cup brown sugar
- 1 egg
- 2 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1 cup milk

### *Instructions*

Cream butter and brown sugar together. Add egg and beat well. Sift together dry ingredients. Add dry ingredients alternately with milk. Place in paper lined or well greased muffin tins.

Bake at 375 degrees for 15 minutes.

Makes 18 muffins

### *Recipe Notes*

Source: Jane Persons, Richfield High  
Food and Fitness

## Muffins - Cornmeal

---

- 3/4 cup cornmeal
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 cup milk
- 1 1/2 cups flour
- 2 1/2 teaspoons baking powder
- 1 egg, beaten
- 3 tablespoons shortening, melted

### *Instructions*

Put in a bowl, all the ingredients except shortening.

Mix well.

Add the melted shortening, mix.

Divide batter into 12 greased muffin tins, may use paper cup cake cups.

Bake at 350 degrees for 20-25 minutes.

### *Recipe Notes*

Source: Linda Keeler, Hurricane High School

Food and Fitness

## Muffins - Cranberry Applesauce

---

- 1 egg
- 2 tablespoons vegetable oil
- 1 1/2 cups applesauce
- 1 1/2 cups whole-grain wheat flour
- 1/2 cup 40% bran flakes
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/2 tablespoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 cup dried sweetened cranberries
- 2 tablespoons sugar

### *Instructions*

Mix egg, oil, and applesauce in a bowl with a wooden spoon.

In another bowl, mix together the remaining dry ingredients stirring well. Add the dried sweetened cranberries (Craisins) and stir.

Add the egg, oil, applesauce mixture to the dry ingredients and stir with wooden spoon until moistened. Do not over mix.

Spoon muffin batter into well greased muffin cups about 2/3 full. Makes 12 regular size muffins or 36 mini muffins.

Bake in oven preheated to 375. Regular size - 20-25 minutes; mini size - 10-11 minutes.

Remove from muffin tins immediately and serve in a napkin lined basket.

Can be made, baked and served in one day if mini muffins are used.

### *Recipe Notes*

Source: Connie Felice, Churchill Jr. High  
TLC, Food and Fitness

## Muffins - Five Week Bran Date

---

- 1 1/2 cups flour, sifted
- 3/4 cup all-bran cereal
- 1/2 cup 40% bran flakes
- 1/4 teaspoon salt
- 3 tablespoons butter, or margarine
- 1/4 cup sugar
- 1 egg
- 1 1/4 teaspoons baking soda
- 1 cup buttermilk
- 1/4 cup dates, chopped

### *Instructions*

Cream butter and sugar. Add egg beating well. Blend and set aside the first 4 ingredients. Dissolve soda in buttermilk and add alternately with dry ingredients to the egg mixture. Drop by spoonfuls into greased muffin tins and bake 375 degrees for 12-15 minutes. Serve while hot with honey butter. May be stored up to five weeks in covered container in refrigerator.

Serve with honey butter  
(See Honey Butter recipe)

### *Recipe Notes*

Source: Barbara Harrison, Copper Hills  
Food and Fitness, Food Service/Culinary Arts

## Muffins - Healthy Whole Grain

---

- 1 cup unbleached flour
- 2 cups whole wheat flour
- 3 teaspoons cinnamon
- 4 teaspoons baking soda
- 1/2 teaspoon salt
- 3 well-ripened bananas
- 3/4 cup margarine
- 1 cup water
- 1 1/2 cups raisins
- 1/4 cup buttermilk
- 1 cup walnuts
- 1 1/2 cups brown sugar
- 3 eggs
- 3 1/2 cups rolled oats
- 1/2 cup wheat germ
- 1 cup chocolate chip

### *Instructions*

In mixing bowl combine flours, cinnamon, baking soda and salt. Set aside. Blend bananas in blender. Add margarine and continue to blend. Combine water and raisins in a microwave safe container and heat for 1 1/2 minutes in microwave. Add raisin/water mixture, buttermilk and walnuts to bananas and process on high until well blended.

Pour into a large mixing bowl and add brown sugar and eggs. Mix until combined. Add dry ingredients, oats, wheat germ and chocolate chips and mix until combined. Fill muffin tins 3/4 full and bake for 15-20 minutes at 350 degrees.

Makes 36

### *Recipe Notes*

Source: Chris Judd, Layton High School

Food for Life

This is a great recipe for the student to cut in 1/3.

## Muffins - Light As A Feather

---

- 1/4 cup vegetable oil
- 1/4 cup sugar
- 1 egg
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 3/4 cups flour
- 1 cup milk

### *Instructions*

Mix all ingredients together with a spoon or a fork until moistened.

The batter can be lumpy.

Spray muffin tins with Pam.

Spoon mixture into each muffin tin cup no more than 2/3 full. Bake at 400 degree for 15-20 minutes.

### *Recipe Notes*

Source: Barbara Bushnell, Bountiful Jr.



## Muffins - Microwave

---

- 4 tablespoons margarine
- 1 cup flour
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon orange peel
- 1/4 teaspoon salt
- 1/3 cup milk
- 1 teaspoon egg, beaten

### *Instructions*

Melt margarine in small cup. Place remaining ingredients in order in mixing bowl. stir only until moistened. Batter will still be lumpy. Blend in margarine. Fill muffin papers half full, cover with streusel topping and cook for 4 1/2-5 minutes, or until toothpick comes out clean.

### *Streusel Topping:*

Cut together with pastry blender until fine.

- 1/2 cup flour
- 2 tablespoons sugar
- 2 tablespoon margarine
- 1/2 teaspoon cinnamon

### *Recipe Notes*

Source: Penny Bushman, Payson Junior High School  
Food and Fitness

## Muffins - Oats And Wheat Blueberry

---

- 1 cup quick-cooking rolled oats
- 1 1/4 cups lowfat buttermilk
- 1/2 cup honey
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 cup whole-grain wheat flour
- 1/2 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup blueberries, frozen, or fresh

### *Instructions*

In large bowl, combine rolled oats and buttermilk; mix well. Let stand 5 minutes.

Heat oven to 375. Grease 12 muffin cups or line with paper baking cups.

Stir honey, oil and egg into rolled oats mixture; mix well. Lightly spoon flour into measuring cup; level off. In small bowl combine whole wheat flour, baking soda and salt; blend well. Add to rolled oats mixture; stir just until dry ingredients are moistened.

Gently stir in blueberries (may also use fresh blueberries). Fill greased muffin cups about 3/4 full.

Bake at 375 for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Makes 12 muffins.

### *Recipe Notes*

Diane Cluff, Camille Williams, LaDawn Porter - Provo High

Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

## Muffins - Poppy Seed

---

- 1 cup flour
- 1/2 cup sugar
- 1 tablespoon poppy seed
- 1 pinch salt
- 1/4 teaspoon baking soda
- 1 teaspoon lemon peel
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/2 cup lemon yogurt
- 1/4 cup butter or margarine

### *Instructions*

Combine flour, sugar, poppy seeds, baking soda and lemon peel.

In a small bowl mix egg, vanilla, yogurt and melted butter.

Combine both bowls together and lightly stir. Batter will be lumpy.

Pour into greased muffin tins and bake at 400 degrees for 15 minutes.

### *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

## Muffins - Poppy Seed, Low-Fat

---

- 1 cup flour
- 1/2 cup sugar
- 1 tablespoon poppy seed
- 1 pinch salt
- 1/4 teaspoon baking soda
- 1 teaspoon lemon peel
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/2 cup non-fat lemon yogurt
- 1 tablespoon butter or margarine
- 3 tablespoons applesauce

### *Instructions*

Combine flour, sugar, poppy seeds, salt, baking soda and lemon peel. In a small bowl mix egg, vanilla, yogurt, melted butter and applesauce. Combine both bowls together and lightly stir. Batter will be lumpy. Pour into greased muffin tins and bake for 15 minutes at 400 degrees.

### *Recipe Notes*

Source: Pam Mitchell, Millcreek Junior High  
8th Grade Life Skills, Food and Fitness

## Muffins - Pumpkin Chocolate Chip

---

- 1 cup sugar
- 1/3 cup vegetable oil
- 1 cup pumpkin, canned
- 2 eggs
- 1 cup flour
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 1/4 teaspoons cinnamon
- 1/4 teaspoon cloves

### *Instructions*

Cream sugar, oil, pumpkin and eggs.

Sift together flour, soda, cinnamon, cloves, and salt in a separate bowl.

Add dry ingredients to creamed mixture and mix well.

Place in baking cups. Makes 12

Bake at 350 for 20-22 minutes.

### FROSTING (optional):

4 ounces cream cheese

1/4 cup butter

2 cups powdered sugar

1 tsp. vanilla

Cream together the cream cheese, butter, powdered sugar and vanilla until smooth.

### *Recipe Notes*

Pam Rock, Lakeridge Junior High

Food and Fitness

## Muffins - Sampler

---

- 1/4 cup vegetable oil
- 1 egg
- 1/2 cup milk
- 1 1/2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt

### *Instructions*

Preheat oven to 400 degrees.

Break egg into a medium size bowl, stir in vegetable oil and milk.

In another bowl combine flour, sugar, baking powder and salt.

Stir with fork until mixed.

Add liquid ingredients to the dry ingredients.

Stir just until flour is moistened. Batter should look lumpy.

Choose the type muffin you want to make. You may use apple that has been peeled, cored and cut into small pieces or fold in 1/2 cup rinsed blueberries or you may put 2 teaspoon of jam on top of muffins before baking.

Fill paper lined muffin tins 2/3 full.

In a custard cup mix 1/4 cup brown sugar and 1 teaspoon cinnamon together and use as streusel topping, sprinkle it on top of muffins before baking.

Bake 20 minutes.

### *Recipe Notes*

Source: Laurie Giauque, Olympus High School

## Muffins - Six Week

---

- 2 cups water, boiling
- 2 teaspoons baking soda
- 4 cups all-bran cereal
- 2 cups bran flakes, 40%
- 2 cups dates, chopped, or raisins
- 1 cup walnuts, chopped
- 1 cup shortening
- 2 cups sugar
- 4 each eggs, beaten
- 1 teaspoon salt
- 1 quart buttermilk
- 4 cups flour

### *Instructions*

Combine boiling water, all bran and 40% bran flakes, dates and nuts. Set aside to cool.

Cream shortening and sugar, add eggs, salt and buttermilk. Stir in flour. Combine with the above cooled mixture.

Store in refrigerator tightly covered. Do not stir refrigerated batter. Spoon mixture to fill muffin cups half full.

Bake in a conventional oven at 375 degrees for 20 minutes, or microwave in paper lined muffin cups 4-6 minutes. Rotate once.

### *Recipe Notes*

Source: Tami Rauzi, Northridge High

## Muffins - Surprises

---

- 1 1/4 cups flour
- 1/4 cup sugar
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil

### *Instructions*

Preheat oven to 400 degrees.

Measure the dry ingredients into a mixing bowl.

In a separate mixing bowl, beat egg and add other liquid ingredients.

Pour liquids all at once into well of dry ingredients.

Stir only until flour is moistened. DO NOT use an electric hand mixer to stir ingredients together. Batter should look lumpy.

Place 12 paper liners into muffin tin. Spoon half the batter into the paper lined muffin cups till each cup is about 1/3 full.

Put a teaspoonful of jelly or jam on the batter in each cup.

Fill muffin cups with remaining batter.

Bake until golden brown, about 15 minutes. Remove muffin from pan and enjoy!

### *Recipe Notes*

Source: Teri Cullimore, Mount Logan Middle School  
Life Skills



## Pancakes

---

- 1 egg
- 1 cup buttermilk
- 2 tablespoons margarine, melted
- 1 cup flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

### *Instructions*

Blend egg, milk and margarine. Measure and blend dry ingredients together. Add to liquids: beat with a wire whip until all flour is moistened. (Batter will be slightly lumpy)

Put a small amount of margarine in a non-stick pan and heat on medium heat. Pour batter in pools slightly apart. Turn pancakes as soon as they are puffed and full of bubbles, but before bubbles break. Turn and brown on other side.

Serve immediately with butter and syrup.

Serves 4

### *Recipe Notes*

Source: Jane Parker, Ecker Hill Middle  
TLC

## Pancakes - Buttermilk

---

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons sugar
- 3 eggs
- 2 cups buttermilk
- 3 tablespoons vegetable oil

### *Instructions*

Sift dry ingredients together into a bowl.

Combine well-beaten eggs, buttermilk and oil.

Add liquid ingredients to the dry ingredients only until the flour is barely moistened.

Fry in an electric skillet.

### *Recipe Notes*

Source: Karen Munson, Hunter High  
Food and Fitness

## Pancakes - Cheesy Fruit

---

- 3 eggs
- 1/2 cup flour, stirred and measured
- 1/2 cup rich milk
- 1/4 teaspoon salt
- 2 tablespoons butter or margarine
- 1/2 cup cheddar cheese, grated
- 1 cup sliced fresh fruit or berries

### *Instructions*

Preheat oven to 400 degrees. Set a 9-inch pie pan into hot oven on lowest oven shelf until very hot.

Meanwhile, beat together eggs, flour, milk and salt in small mixer bowl, blender or food processor until smooth, about 3 minutes.

Remove pan from oven. Place butter or margarine in pan and rotate pan until fat is melted. Immediately, add batter. Bake on lowest oven shelf for 20 minutes or until golden brown.

Serve immediately topped with sliced fresh fruit and sprinkled with powdered sugar.

### *Recipe Notes*

Source: Anne Hawes, Cottonwood High  
Food for Life

## Pancakes - Favorite

---

- 3/4 cup flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 1/2 cup milk
- 1 tablespoon oil

### *Instructions*

Sift together dry ingredients. Combine egg, milk and oil. Add to dry ingredients, stirring just until moistened. Bake on hot griddle. Makes 6-8 pancakes.

### *Recipe Notes*

Source: Connie Snow, Indian Hills Middle  
Food and Science, 8th Grade Life Skills

## Pancakes - Wheat

---

- 1 1/2 cups whole wheat flour, sifted
- 1/2 cup powdered milk
  - 1 tablespoon baking powder
  - 3 tablespoons brown sugar
- 3/4 teaspoon salt
- 3 eggs, well beaten
- 1 1/4 cups water
  - 3 tablespoons vegetable oil
  - 1 cup vanilla yogurt
- 1 1/2 cups fresh fruit, sliced

### *Instructions*

Stir together dry ingredients. Combine eggs, water and oil; stir into flour mixture. Stir until dry ingredients are moistened. Do not overstir; batter will be lumpy. Bake on a lightly greased hot griddle until golden brown, then turn and bake second side. Serve hot topped with vanilla yogurt and any fresh fruit (peaches, pears, pineapples or grapes, strawberries, raspberries, blueberries or boysenberries.) Batter can also be baked on a waffle iron.

Note: For lighter pancakes or waffles, eggs may be separated; blend egg yolks with water and cooking oil for batter; beat egg whites until stiff and fold into batter just before baking.

### *Recipe Notes*

Source: Ann Hawes, Cottonwood High  
Food and Fitness

## Pancakes - Whole Wheat

---

- 1 cup wheat kernel
- 1 cup milk
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 teaspoon salt
- 2 eggs
- 1 tablespoon honey
- 1 tablespoon baking powder

### *Instructions*

In a blender jar, mix wheat kernels and 1 cup of milk together. Blend on high speed until well blended. Add the other 1/2 cup of milk, oil, salt, honey and eggs (can substitute 3 egg whites). Blend very well, maybe 5 minutes. Pour mixture in a large bowl. Add baking powder, stirring with a wire whisk. Spray pan with oil and heat. Pour on pan and cook until bubbles in pancake pop. Turn over for a short time and serve.

### *Recipe Notes*

LaDonna D. Davis, North Layton Junior  
Food and Fitness

## Pizza - Breakfast

---

- 1/4 cup shortening
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons sugar
- 3/8 cup water, (1/4 cup + 2 T.)
- 1 cup flour
- 1/2 teaspoon salt
- 3 tablespoons milk, dry

### *Instructions*

Preheat oven to 400 degree.

In small mixing bowl, combine flour, baking powder, salt, sugar, and dry milk.

Cut shortening into flour mixture with pastry blender until mixture resembles fine crumbs. Stir in water until dough leaves sides of bowl (dough will be soft and sticky).

Turn dough onto lightly floured surface. Knead lightly 10 times.

Lightly spray a pie plate with cooking spray.

Press dough into bottom of baking dish.

### **FILLING**

2 sausage patties

1/2 cup frozen potato rounds

3/4 cup beaten egg

1/2 cup shredded cheese.

Cook sausage on medium heat. Drain, blot with paper towel, and cut into bite-size pieces.

Cut potato rounds into bite size pieces, if desired.

Pour beaten egg over crust. Sprinkle on cooked sausage and potato rounds. Sprinkle with grated cheese.

Bake for 20 minutes until puffed and lightly browned.

### *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, and Arlene Lloyd, Jordan High School

Food and Science, Food and Fitness, Food for Life

# Poppy Seed Bread

---

3 cups flour  
1 1/2 teaspoons baking powder  
2 1/4 cups sugar  
3 teaspoons poppy seed  
1 1/2 teaspoons salt  
1 1/2 cups milk  
1 1/8 cups vegetable oil  
1 1/2 teaspoons vanilla extract  
1 1/2 teaspoons butter flavoring  
1 1/2 teaspoons almond flavoring  
3 eggs

## *Instructions*

Spray 2 medium bread pans with Pam

In large mixing bowl, mix flour, baking powder, sugar, poppy seeds, and salt together, then add 1 1/2 cups milk, oil, vanilla, butter and almond flavoring and eggs. Mix well. Pour into greased and floured pans.

Bake at 350 degrees for 1 hour. Cool for 5 minutes. Pour icing on top.

Icing for Poppy Seed Bread:

1/4 cup orange juice

3/4 cup sugar

1/2 teaspoon vanilla extract

1/2 teaspoon butter flavoring

1/2 teaspoon almond flavoring

Mix together. Leave 10 minutes after pouring on icing to set. Do not slice when hot.

## *Recipe Notes*

Source: Betty Woodruff, Alpine Life & Learning Center



# Pumpkin Bread

---

- 4 tablespoons unsalted butter, at room temp.
- 1 tablespoon molasses
- 2/3 cup sugar
- 1 large egg
- 5 tablespoons orange juice or water
- 2/3 cup pumpkin or squash puree
- 1 cup flour, plus 2 tablespoons
- 1/8 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/3 cup raisins, optional

## *Instructions*

Preheat oven to 350 degrees. Butter one 9 x 5 x 3-inch loaf pan. Using an electric mixer, cream the butter, molasses and sugar until light and fluffy.

Beat in the egg and beat until lemon-colored. Add orange juice and pumpkin puree. Mix well. In a large bowl, sift all dry ingredients together. Add the dry mixture to the pumpkin mixture slowly and gently until gone. Do not overstir or bread will be dry. Stir in raisins.

Spoon into buttered pan. Bake for 30-40 minutes or until toothpick comes out clean. Cool for 10 minutes in pan. Then turn over onto rack to cool.

This bread freezes extremely well.

## *Recipe Notes*

Source: Aimee Beck, Gerry Fairbanks, Bingham High  
Food Service/Culinary Arts, Food and Fitness, Food for Life

## Scones - English

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- 1/3 cup butter
- 1 3/4 cups flour
- 3 tablespoons sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, beaten
- 4 tablespoons milk, or half and half

### *Instructions*

Mix all dry ingredients together in a bowl. With a pastry blender cut the butter into the flour mixture. Mixture should be course and look like corn meal.

Stir in the egg, and the milk one tablespoon at a time.

Stir until the dough leaves the side of the bowl.

Knead the dough for 10 times or turns. Do not over knead the dough.

Roll the dough to 1/2 inch thick.

Cut into triangle shapes. Place on ungreased baking sheet.

Brush with egg lightly on top.

Bake at 400 degrees for 10-12 minutes.

Serve warm.

You can make scones from Rhodes dough and compare them.

### *Recipe Notes*

Source: Janice Wuckert, Oquirrh Hills Middle School  
Food and Science, Food Service/Culinary Arts

# Sopapillas

---

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon shortening
- 1/2 cup warm water

## *Instructions*

Sift dry ingredients together. Cut in shortening until mixture resembles cornmeal. Add water gradually, stirring mixture with fork. Dough will be crumbly. Turn dough out on a lightly floured surface; knead until smooth ball is formed. Divide in half; let stand for 10 minutes. Roll each half to 10 x 12 inch rectangle about 1/8 inch thick. Cut in 3 inch squares. Fry 3 to 4 squares at a time in deep fat at 400 degrees about 30 seconds on each side. Yield: 40 sopapillas

Serve as hotbreads with butter or smothered with honey, powdered sugar or syrup.

## *Recipe Notes*

Source: Linda Keeler, Hurricane High School  
Food and Fitness  
Mary Margaret Lyon, Bonneville High School

## Sticky Buns - Microwave

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- 1 1/2 cups flour
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/4 cup shortening
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/4 cup margarine
- 2 tablespoons water

### *Instructions*

Mix together all the dry ingredients.

Cut in shortening with pastry blender until mixture resembles coarse meal.

Add milk then knead 10-15 times.

Roll out to 1/2" thick, and cut with drinking glass.

Combine brown sugar, margarine and water in round microwave pan. Microwave for 1/2-1 minute or until margarine melts.

Leave mixture in pan and stir. Place biscuits on top of mixture, cook at 70% for 4-5 minutes. Let set for 2 minutes.

### *Recipe Notes*

Source: Nancy Gudmundson, Alta High School

# Swedish Rosettes

---

- 1 egg
- 1 teaspoon sugar
- 1/2 cup milk
- 1/2 cup flour
- 1/4 teaspoon salt
- 1 1/2 teaspoons lemon extract

## *Instructions*

Beat egg slightly. Add sugar and then milk. Sift flour and salt. Stir into egg mixture and beat until smooth. (Should be about the consistency of heavy cream.) Add lemon extract.

Place enough salad oil into fryer to fill fryer about 2/3 full and heat to 400 degrees.

Dip rosette forms into hot oil to heat them. Drain excess oil on paper towels. Dip heated forms into batter to not more than 3/4 of their depth. If only a thin layer of batter adheres to forms, dip them again until forms are coated with a smooth layer.

Plunge batter-coated form into hot oil and cook until active bubbling ceases. (Shake rosette iron while cooking.) With a fork, ease rosettes off forms and onto paper towels to drain. While still warm, dip in powdered sugar.

I use an electric wok for frying. Do not dip irons completely in the batter. Dip about half way up or just to the edge.

## *Recipe Notes*

Source: Linda A. Stokes, South Jordan Middle  
8th Grade Life Skills

# Tortillas

---

3/4 cup flour  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
2 tablespoons shortening  
1/4 cup warm water

## *Instructions*

Put flour, baking powder, and salt into a medium size bowl and stir with a fork.  
Add shortening and use your hands and work in shortening until mixture is fine.  
Add the lukewarm water a tablespoon at a time to the flour mixture until dough is elastic but firm.  
Form dough into a ball. Grease a small bowl. Put dough into bowl and chill.  
Divide chilled dough into 6 balls. Roll out the balls of dough until they are as thin as possible.  
Heat a frying pan or an electric skillet to medium heat (260). Cook tortillas on both sides until lightly browned or "blistered."  
Spread with butter or margarine.

## *Recipe Notes*

Annette Adams, Bear River Middle School  
Food and Fitness

## Tortillas - Flour

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- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon shortening
- 1/2 cup warm water, up to 3/4 cup

### *Instructions*

Mix together flour, salt and baking powder. Cut shortening into dry ingredients, using a pastry blender.

Add 1/2 cup warm water and mix together with a fork. If too dry, add more water, 1 tablespoon at a time.

Dough should form a ball. Knead dough about 20 times on a floured surface. Let dough rest until ready to cook.

Break into little balls and form a flat circle with your hands. Then roll flat and thin with a rolling pin on a floured surface.

Shake off as much flour as possible and cook on a hot ungreased griddle or skillet. Cook about 1 1/2 minutes on both sides or until golden brown.

(If skillet becomes covered with flour, which will burn, wipe it out with a paper towel sprayed with vegetable spray, using tongs to hold the paper towel.)

### *Recipe Notes*

Source: Pam Brinkerhoff, Wayne Middle  
8th Grade Life Skills

## Tortillas - Great

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5 cups flour  
3 teaspoons baking powder, leveled off  
2 tablespoons shortening  
1 tablespoon salt  
2 1/4 cups warm water

### *Instructions*

Mix flour, baking powder, salt and shortening with hands. Add water, little by little, to form a dough. Knead like bread dough. (The dough will be sticky at first. If you add too much water, you will have to add more flour.)

Break into 12 little balls. Cover balls with a cloth. Remove one ball at a time from under cloth. Using a rolling pin, roll out as you would a pie crust. Cook on a hot griddle, turning two or three times.

Remove from griddle and immediately place tortillas in a dish towel. This will keep the tortillas soft and hot until ready to eat.

Serve with hamburger, beans, lettuce, tomatoes, cheese, green onions, sour cream and salsa.

### *Recipe Notes*

Source: LaDonna D. Davis, North Layton Junior High



## Tortillas - Quick

---

- 2 cups flour
- 3/4 teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons lard, or butter
- 1/2 cup warm water

### *Instructions*

Mix ingredients together.

Roll out with a well floured rolling pin on a floured board until very thin

Cut to desired size. For tacos; fry in heavy skillet in a slight amount of oil till brown.

For enchiladas or burritos: fry on a dry heavy skillet using NO oil.

### *Recipe Notes*

Source: Linda Keeler, Hurricane High  
Mary Margaret Lyon, Bonneville High School  
Food and Fitness

## Waffles - Wheat

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- 1/4 cup egg
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/2 tablespoon sugar
- 1 cup whole-grain wheat flour
- 1 1/3 cups milk
- 1 1/2 teaspoons baking powder
- 3 tablespoons wheat germ

### *Instructions*

Heat nonstick waffle iron, spray with non stick cooking spray.  
Beat egg whites with hand beater in medium bowl until foamy.  
Beat in remaining ingredients except wheat germ just until smooth.  
For each waffle, pour about 1/4 cup of batter onto the center of the hot waffle iron.  
Sprinkle with wheat germ.  
Bake 5 minutes or until steaming stops. Carefully remove.

### *Recipe Notes*

Source: Marci Morgan, Irlene Utley, Shauna Osborne, and Arlene Lloyd, Jordan High School  
Food and Fitness, Food for Life, Food and Science

## Waffles - Whole Wheat

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- 1 egg
- 1 cup buttermilk
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 tablespoons oil

### *Instructions*

Heat waffle iron. Beat eggs; beat in remaining ingredients with rotary beater until smooth. Pour about 1/2 cup batter from cup or pitcher onto center of hot waffle iron. Bake about 5 minutes or until steaming stops. Remove waffle carefully.

### *Recipe Notes*

Source: Rosemary Steele, Northridge High  
Food and Fitness

